

Discover



MWR

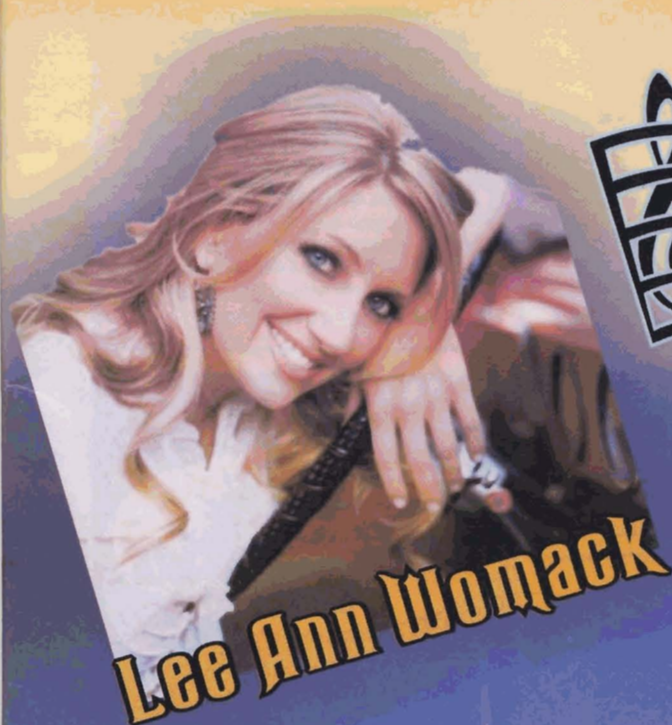
NAVY MID-ATLANTIC REGION MORALE, WELFARE & RECREATION MAGAZINE

NSA Norfolk - Naval Station Norfolk - NAB Little Creek - NAS Oceana - Dam Neck Annex

NWS Yorktown - Cheatham Annex - Huntington Hall - NNSY - Northwest Annex

SCSC Wallops Island - NASJRB Willow Grove - NIOC Sugar Grove

NSA Mechanicsburg - NSA Philadelphia



Lee Ann Womack



Live on the  **Stage**
of Hampton Roads

FRIDAY, AUGUST 25
NAB LITTLE CREEK

FRIDAY, AUGUST 11
NAB LITTLE CREEK



Mid-Atlantic Region Commanders



Captain G.E. Cooper
Naval Amphibious Base
Little Creek



**Rear Admiral
Frederic R. Ruehe**
Commander
Mid-Atlantic Region



Captain L.E. Pyle Jr.
Naval Station Norfolk



Captain P.J. Lorge
Naval Air Station Oceana
and NASO Dam Neck Anne



Captain R.D. Berkey
Norfolk Naval Shipyard



Captain M.A. Collins
Naval Support Activity
NSA Northwest Annex



Captain M.S. Remington
Naval Air Station
JRB Willow Grove, Pa.



Captain G. O'Regan
Naval Weapons Station
Yorktown, NWS Cheatham Annex



**Commander
J.D. Boogren**
Navy Information Operations
Command, Sugar Grove, W.Va.



Captain C.F. Donney
Naval Support Activity
Mechanicsburg and
Philadelphia, Pa.



**Captain
S.M. Carlson**
Surface Combat Systems Center
Wallops Island, Va.

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The information contained in this issue was current at the time of publication. Activities, events and hours of operation are subject to change. If you would like to receive a complimentary copy of *Discover MWR* through the mail, please E-mail us at rlutton@mwma.com or call 462-3753.

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NAVAL STATION NORFOLK

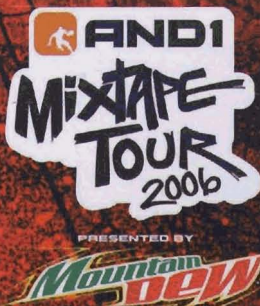
**Thimble Shoals
PUB**

BLDG. A-128

HOURS OF OPERATION
Monday through Friday • 4 to 9 p.m.

HAPPY HOUR
Thursdays from 4 to 6 p.m.
Free munchies and beverage specials

Call 444-1111 for more information.



**CONSTANT CENTER
AUGUST 16**

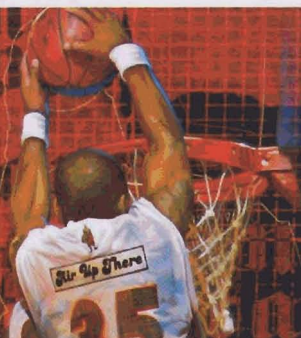
SPECIAL HALFTIME PERFORMANCE BY

E-40



AND1.COM

MILITARY CAN SAVE \$10 BY PURCHASING IN ADVANCE!



SUPERMAN RETURNS

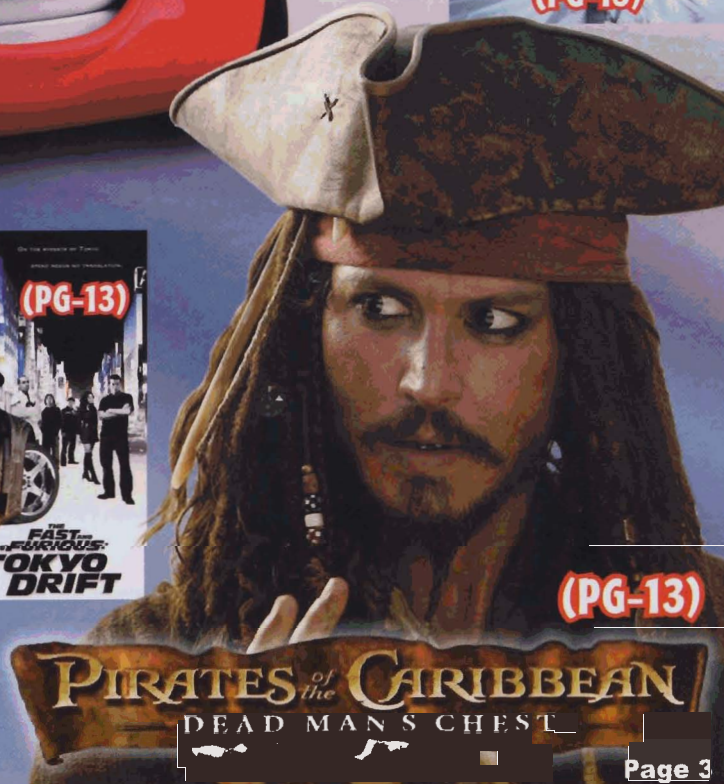
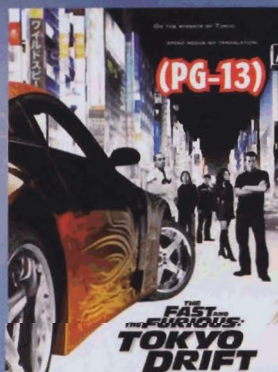
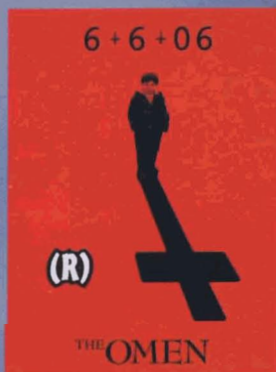
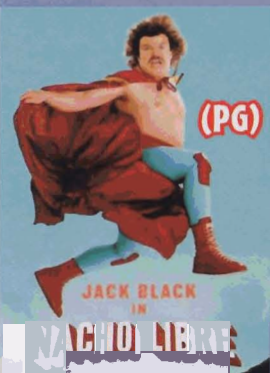
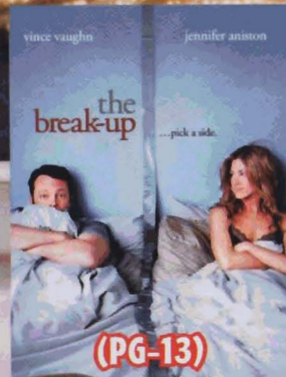
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AUGUST SHOW TIMES

Wednesday - 7 p.m. Saturday - 1, 4, 7 & 9:15 p.m.
Thursday - 7 p.m. Sunday - 1, 4 & 7 p.m.
Friday - 7 & 9:15 p.m.

FREE MATINEES

Saturday &
Sunday at 1 p.m.



NAB Little Creek • 462-7534
NAS Oceana • 433-2495

Free and open to the public

2006 Navy Concert Series

USA DISCOUNTERS

Miller Lite

Live on the  Stage
of Hampton Roads

Gates
open at
5 p.m.

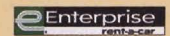
Only the Best
in Live
Entertainment
for our Sailors
and Their
Families!



Lee Ann
Womack

FRIDAY, AUGUST 25
NAB LITTLE CREEK

SPONSORED BY



FRIDAY, AUGUST 11
NAB LITTLE CREEK



FUN FOR THE ENTIRE FAMILY!



Celebrating CPO Pride & Professionalism

Saturday



September 16 at 8:30 a.m.

**Fleet Recreation Park,
Naval Station Norfolk**

Proceeds from the race will benefit the Chief Petty Officer Scholarship Fund, a non-profit organization established solely for the purpose of generating and distributing funds to provide educational opportunities for qualified family members of Chief Petty Officers. For more information, visit www.cposf.org.

CALL THE FITNESS AND SPORTS OFFICE AT (757) 444-2276 FOR MORE INFORMATION.

Watch teamwork in action and experience the thrill and pride of the Chief Petty Officers and their selectees as they run in formation, carry flags and sing cadences during this one of a kind event! Anyone is welcome to participate either by running the 8K race or cheering on the runners.

PLUS

★ **FUN, FOOD & FESTIVITIES AFTER THE RACE!** ★

Bring the entire family to enjoy music and entertainment after the race! A children's area complete with inflatables, games and face painters will be available on site!



IN THE ZONE



Naval Station Norfolk 451-0100

Winter League Sign up
Call 451-0100 for details.

Beat the Heat!

\$1 Games

Monday through Friday
1 to 4 p.m.

Fast Action Bingo!

Try for the \$2,000
grand prize!

Lunch Specials

Monday through Friday
\$8 per person

Unlimited Bowling

Mondays

Shoes not included

\$7 per person,

5 p.m. to close



NSA Northwest 421-8267

Head Pin Special

Bowl a strike while red pin
is up and bowl that game for
free the entire month.

Have a private party with us!

Four lanes available,
expanded menu!



Dam Neck 492-6341

Winter Leagues Sign up
At the bowling center counter
Ladies and Youth Leagues

Starts the first week
of September

August Special

Monday through Thursday
10:30 a.m. to 4 p.m.

\$1.25 per game, per person

Birthday & Group Parties & Pizza Bowl

Call for details.



NAS Oceana 433-2167

Winter Leagues Sign up
At the bowling center counter
Ladies & Youth Leagues

Starts the first week
of September

August Special

Monday through Thursday
9:30 a.m. to 4 p.m.

\$1.25 per game, per person

Birthday Parties

\$7 per person

Call for details.



Norfolk Naval Shipyard 396-3808

Labor Day Special

Monday, September 4
2 p.m. to 10 p.m., \$1 a game

August Extreme Special

Saturdays, 10 a.m. to 1 p.m.
\$7 per person, includes shoe
rental.

Fall Leagues Forming

Call 396-3/08 for details.

Extreme Bowling

Saturdays, 6 p.m. to 11 p.m.
\$2.75 per person,

\$1.25 shoe rental

Dollar Day

Mondays

10:30 a.m. to 10 p.m.

\$1 per game, per person

Parties

Children's & command parties
Internet Café



NWS Yorktown 887-4207

Cosmic Rock-n-Bowl

Saturdays, 7 to 10 p.m.

\$30 per lane or

\$2.75 per game

Reservations recommended

Big Dawg Mondays

\$1.25 per game and

\$1.25 for a 1/4-lb. hot dog

Lunch Special

Monday through Friday,
11 a.m. to 1 p.m.

\$1.25 per game or

a cheeseburger, fries,
large soda and two games of
bowling with free shoe rental
for only \$7 per person

Pizza Bowl Wednesdays

5 to 7 p.m. or 7 to 9 p.m.

\$17.50 per person includes two

hours of bowling and
a large one-topping pizza.

Reservations recommended.

Group Rates

Call Twin Pin Bowl to reserve our
lanes for your next group function.



NAE Little Creek 462-7952

Saturday AM Extreme Bowling

All you can bowl, 9 a.m. to noon, \$6
per person, shoe rental extra.

Sunday AM All-U-Can-Bowl

All you can bowl, 9 a.m. to noon,
\$5 per person, shoe rental extra.

Karaoke Friday Nights

8 p.m. until midnight.

Bowl Your Heart Out Night

Tuesdays, 7 p.m. to midnight

\$10, includes shoe rental

Weekday Lunch Special

Monday through Friday

9 a.m. to 4 p.m.

Three games, shoes & adult
combo meal, \$8 per person.

Weekday Kids Lunch Special

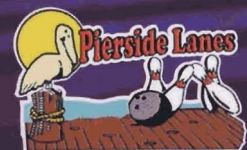
9 a.m. to 4 p.m.

\$6 per child,

Includes two games,
shoes and a kid's meal.

Winter Leagues Forming

Call 462-7952 for details.



Naval Station Norfolk 451-0600

Lunch Special

10:30 a.m. to 1 p.m.

\$8 includes three games,
shoes and lunch.

9-Pin No-Tap Tournament

Saturday, August 12, 1 p.m.

\$15 per person

Thursday Night Pizza Bowl

All you can bowl plus
a 16-inch one topping pizza
and pitcher of soda for \$25.
Shoes not included. Call for
time slots and details.

Dollar Games

Monday through Friday
1 to 4 p.m.

\$1 per game, per person

Command Party Specials

Call for information.

Take part in the **NEW**
NAS Oceana

GET FIT WITH

FREDDY
★ THE ★
FITNESSAURUS



Family Fitness Program



EXERCISE
ROCKS!

Families exercising together on brand new fitness equipment
and learning how to move more and make healthy food choices!

Call 433-2012 to sign up and for more information.



NAVAL AIR ENGINEERING STATION
LAKEHURST, N.J.

**16TH ANNUAL
LIGHTER THAN AIR DUATHLON**
Run 3 Miles ☆ Bike 20 Miles ☆ Run 2 Miles

Saturday, August 26
8:30 a.m. - Rain or Shine
In the event of rain, a 10K Run will replace the duathlon

Teams:

Top three teams in each division:
Male, Female, and Mixed Military Teams
Must consist of two members
Run entrant and bike entrant

Special Awards Division:

Male Clydesdale 200+ lbs.
Female Athena 145 lbs
Single Sailor

Open Raffle prizes (must be present to win)

Awards:

Top 3 overall male and females:
1st place \$300 2nd place \$200 3rd place \$100
Age Groups: Top three males and females
13-15, 16-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49,
50-54, 55-59, 60-64, 65-69,
70-74, 65-80, 81+

Beautiful Lenox Crystal Awards

Entry Fees:

* 8/17 to race
Civilian Open & Age Group \$50
Active Duty Open/Age Group \$30
Open Civilian Team \$70
Active duty Team \$45

Amenities: Quality T-shirt,
refreshments and changing facilities

For more information, call (856)468-0010

Mandatory photo ID required upon entry for all participants and guests, no exceptions. **ONLY US CITIZENS ARE PERMITTED ON NAVAL STATION GROUNDS.**
Computer timing, results, online entry and confirmation lists by: LIN-MARK Computer Sports, Inc.

SINGLE SAILOR

REGIONAL EVENTS

5th - Washington, D.C. Trip, \$25, departs at 6 a.m.

26 and 27th - White Water Rafting Trip in West Virginia, \$110, departs at 9 a.m.

20th - WWE Summer Slam on Direct TV, 7 p.m.

31st - Poker Championship at The Foc'sle, Little Creek, Prizes for top five players, 6 p.m.

Call your Liberty center for more details!



Naval Station Norfolk

C-9 444-4814

- 3rd Texas Hold'em Tournament, 6:30 p.m.
- 8th Pistol Qualifications, \$28, departs at 4:30 p.m.
- 9th Movie Night, Main Gate Movies 10, open to active duty plus one guest over 18, 7 p.m.
- 14th 8-Ball Pool Tournament, \$5, 6:30 p.m.
- 15th Rifle Qualifications, \$38, departs at 4:30 p.m.
- 17th Texas Hold'em Tournament, 6:30 p.m.
- 22nd Rifle Qualifications, \$38, departs at 4:30 p.m.
- 23rd Movie Night, Main Gate Movies 10, 7 p.m., open to active duty plus one guest over 18
- 28th 9-Ball Pool Tournament, \$5, 6:30 p.m.

Q-80 444-1216

- 7th X-Box Halo 2 Tournament, \$5, 6:30 p.m.
- 9th Hearts Tournament, \$5, 6:30 p.m.
- 12th Texas Hold'em Tournament, 6:30 p.m.
- 14th Dominoes Tournament, \$5, 6:30 p.m.
- 16th Texas Hold'em Tournament, 6:30 p.m.
- 19th Spades Tournament, \$5, 6:30 p.m.
- 22nd PS2 NBA Live 2006 Tournament, \$5, 6:30 p.m.
- 28th Texas Hold'em Tournament, 6:30 p.m.

NSA Northwest Annex

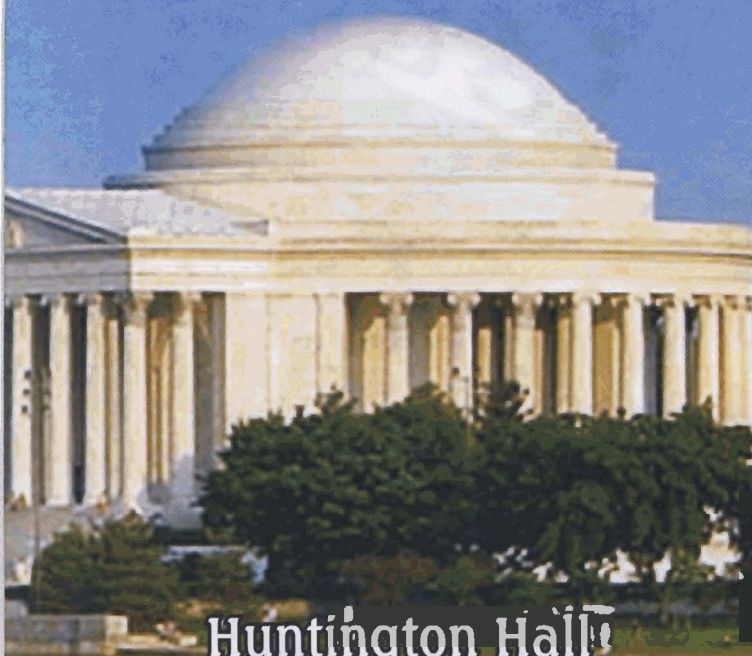
421-8104

- 4th Dixieland Speedway - Dirt Track Racing, \$15, 6 p.m.
- 9th Bowling at NW Lanes, snacks provided, 5 to 7:30 p.m.
- 11th Norfolk Tides Baseball Game, 6 to 11 p.m.
- 11th Dixieland Speedway - Dirt Track Racing, \$15, 6 p.m.
- 12th Texas Hold'em Tournament at Mariner Center, 5 p.m.
- 13th Build a Sundae - Sunday at JFC, 1 to 3 p.m.
- 16th Roller Coaster Day/Contest, win two tickets to Kings Dominion, call Liberty team for details
- 17th Davey Crockett's Birthday, have Tennessee driver's license, get free weekend shuttle ticket
- 19th Kings Dominion trip, \$45, van departs at 8 a.m.
- 23rd Bowling at NW Lanes, snacks provided, 5 to 7:30 p.m.
- 26th Banana Split Day - carryover at JFC, noon to 2 p.m.
- 26th All Nighter, \$10, 6 p.m. Saturday to 6 a.m. Sunday
- 30th Hot Wing Eatin' Contest at Mariner Center, 5 p.m. to 6 p.m.

Every Monday, Pizza Night at JFC, \$5, 5 to 7 p.m.

All activities are free unless otherwise specified.

OR ACTIVITIES



Huntington Hall

688-7451

- 5th Six Flags America Trip, \$24.50 through ITT, van departs at 9 a.m.
- 8th Double Elimination 9-Ball Pool Tournament, \$5, 3 p.m.
- 9th Main Gate Movies 10, movie TBD, van departs at 6 p.m.,
- 14th NFL Combine Challenge Week begins, call for details, all events start at 2:30 p.m.
- 23rd Main Gate Movies 10, movie TBD, van departs at 6 p.m.
- 29th Double Elimination 8-Ball Pool Tournament, \$5, 3 p.m.
- 30th Pizza Night, Pizza from 6 p.m. until it's gone!

NAB Little Creek

462-3117

- 3rd 8-Ball Pool Tournament, \$5, 6:30 p.m.
- 10th Movie Premiere Night with popcorn, 6:30 p.m.
- 21st Rifle Qualifications, \$38, van departs at 4 p.m.
- 24th Texas Hold'em Tournament, 6 p.m.
- 28th Pistol Qualifications, \$28, van departs at 4 p.m.

Dam Neck

492-6806

- 3rd Pistol Qualifications, van departs at 4 p.m.
 - 4th Dinner and a Movie (order off the menu and watch a new movie)
 - 6th Busch Gardens trip, \$5 ride, free entry one time only for active duty military, 10 a.m. to 10:30 p.m.
 - 6/7th Movie Premier Weekend, new movies & popcorn
 - 9th Main Gate Movies 10, van departs at 5 p.m., movie TBD
 - 12th Karaoke, 5:30 p.m.
 - 13th Movies & Popcorn, all day long!
 - 15th Rifle Qualifications sign ups, \$38, first 12 patrons only
 - 16th 8-Ball Pool Tournament, \$5, 5:30 p.m.
 - 17th Rifle Qualifications, van departs at 4 p.m.
 - 19th Paintball, New Kent, \$40, van departs at 7 a.m.
 - 20th MacArthur Mall Shuttle, \$2, 12:30 to 6 p.m.
 - 21st Texas Hold'em Tournament, 5:30 p.m.
 - 23rd Main Gate Movies 10, movie TBD, van departs at 5 p.m.
 - 26th Movie Watching, until 2 a.m.
 - 27th Busch Gardens trip, \$5 ride, free entry one time only for active duty military, 10 a.m. to 10:30 p.m.
 - 30th Game Show Mania, 5:30 p.m.
- Mall Shuttle every Tuesday, \$2, 5 p.m.
Beach Shuttle every Saturday, \$2, 12:30 to 6 p.m.

Norfolk Naval Shipyard

396-2451

- 9th & 23rd Main Gate Movies 10, van departs at 6 p.m., movie TBD
- 17th Texas Hold'em Tournament, registration at 4 p.m., tournament starts at 6 p.m.

NAS Oceana

433-2391

- 10th Pistol Qualifications, \$28, 4:30 p.m.
 - 17th 8-Ball Pool Tournament, \$5, 5 p.m.
 - 24th Rifle Qualifications, \$38, 4:30 p.m.
- Wednesday Nights; Movie & Popcorn, 6 p.m.

*You are cordially
invited to join:*

MWR & SAM'S CLUB *for Breakfast*

It's a Big Deal!



Enjoy:

- Special Savings on select merchandise
- Coloring contest for the children
- MWR will be giving away:
 - 1 - Twenty inch LCD Television
 - 2 - \$25 SAM'S CLUB Gift Cards

Savings, Quality, Value, Service.
All under one roof.

When:

- Saturday, August 5, 2006
- 7 to 9:30 a.m.

Where:

SAM'S CLUB
3334 Virginia Beach Blvd.
Virginia Beach, VA 23452



Be Our Guest or Bring a Guest Your One-Day Guest Pass to Shop*

(10% Service Fee Applies)

Become a Member today to avoid the 10% Service Fee that applies to all non-Member purchases.

Take this One-Day Guest Pass to your local SAM'S CLUB® to gain access to the warehouse savings that businesses enjoy every day!

Good through August 31, 2006.



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* The SAM'S CLUB One-Day Guest Pass is good for one day only. Only original certificates will be accepted. A 10% Service Fee applies on all non-Member purchases when shopping with this One-Day Guest Pass (not applicable in CA, SC or Elmsford, NY). You must pay for your purchases with cash, debit card (see Club for qualifying networks), Wal-Mart® Credit (Wal-Mart MasterCard not accepted at any SAM'S CLUB location) or Discover® cards only (no checks). You may apply for Membership, subject to qualifications, while visiting any SAM'S CLUB location or online at samsclub.com. Guest pass not valid on samsclub.com. Guest Pass good through August 31, 2006.



A UNIQUE PLACE TO BUY AND SELL ITEMS!

ALL PROCEEDS ARE DONATED TO LOCAL CHARITIES.

The Treasure Shop

CONSIGNMENTS TAKEN
AUGUST 28 THROUGH 31
A.M. TO NOON

OPENS FOR THE
2006-2007
SEASON
WEDNESDAY,
SEPTEMBER 6
10 A.M. TO 1 P.M.

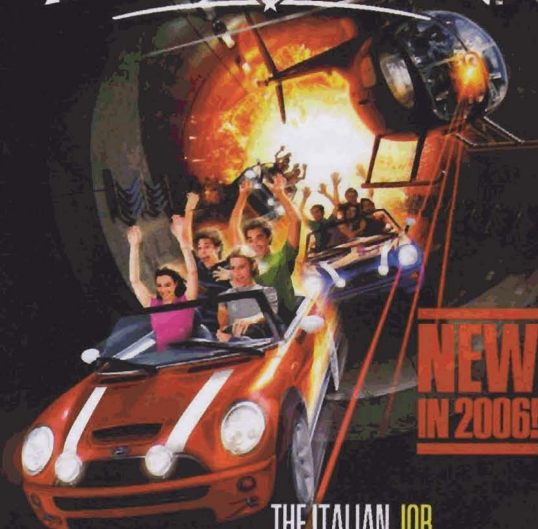
NAVAL
STATION
NORFOLK

LOCATED AT THE CORNER OF
BELLINGER BLVD. & SECOND AVE.
IN THE FORMER IMMACULATE
CONCEPTION CHAPEL,
BUILDING U-53.
CALL 423-0790 FOR
MORE INFORMATION.

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WEDNESDAYS
10 A.M. TO 2 P.M.
FIRST & THIRD
SATURDAYS
10 A.M. TO 1 P.M.
(SEPTEMBER SATURDAYS: 16 & 23)

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KINGS DOMINION



Experience what it's like
to be a Hollywood stunt
driver on the fast-track,
multi-sensory sensation...

THE ITALIAN JOB
**TURBO
COASTER.**

ON SALE NOW!

**MILITARY
APPRECIATION**

SPECIAL DISCOUNT TICKETS

Valid any regular Park operating day in 2006!

ONLY \$26 Ages 3 and above
you save \$23.99 off the
\$49.99 regular general admission.

Discount tickets are advance sale only – at all MWR Ticket Offices.



KingsDominion.com

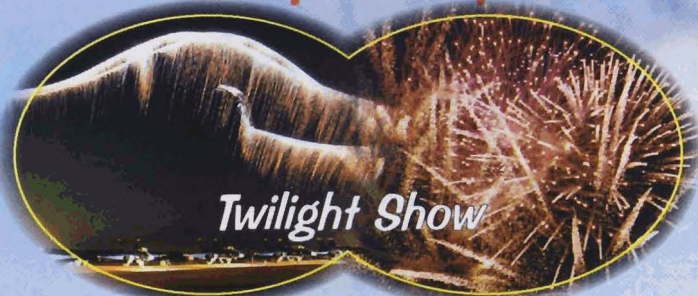
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SUBWAY
Restaurants
proudly sponsors the

2006 NAS AIR S



Friday, September 8
Gates open at 5 p.m.



Twilight Show

Don't miss the annual Twilight show featuring dazzling pyrotechnics, heart-stopping flying & fireworks.



Salute to the
Blue Angels
60 Years of Aerial Excellence



2006 NAS Oceana
Air Show

Saturday & Sunday, September 9 & 10
Gates open at 8 a.m. to 5:30 p.m.

Head out to Fighter Country USA early and beat the crowds. Witness daring aerial displays throughout the day culminating in the precision formation aerobatics of the U.S. Navy Blue Angels Flight Demonstration Team. With more than 75 static displays, various aircraft and vehicles, everyone will have the opportunity to get up close with the men and women that demonstrate a proud heritage of "Honor, Pride and Tradition."



Salute to the
Blue

60 Years of A

www.oceana

OCEANA

SHOW



Saturday, September 9 ONLY
Beach Blast 2006
31st Street Park at 7 p.m.



Didn't get all the Blue Angel autographs? Bring your pen and friends to the beach. This is the perfect opportunity to gather autographs and chat with our performers. See you at the beach!



to the
Angels
erial Excellence
airshow.com

FREE
Admission & Parking

Performers

United States Navy Blue Angels
 Patty Wagstaff
 Greg Shelton and Ashley Battles
 Ken Fowler
 Bill Leff

Dan Buchanan
 The Skytypers

Les Shockley's SHOCKWAVE Jet Truck

Red Devils U.K. Parachute Team

USASOC Black Daggers Parachute Team

Dale "Snort" Snodgrass and Ed Shipley F-86s

Tactical Demonstrations by:

F/A-18C Hornet

F/A-18F Super Hornet

F-15 Eagle

E-2C Hawkeye

Navy Legacy Flight

Air Force Heritage Flight

Fleet Flyby

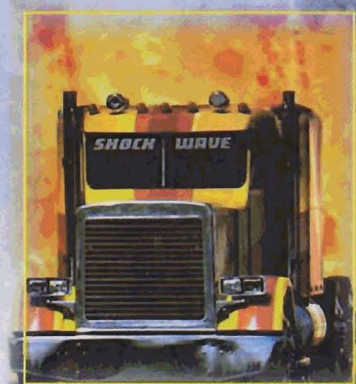
B-2 Spirit Stealth Bomber Flyby

Air Power Demonstration

Rich's Incredible Pyro

Announcer Rob Reider

Steve "Uncle Sam on Stilts" Myott





Not all loans take the fun out of payday.

When you need extra money, a "quick cash" loan might seem like an easy way to make ends meet. But if you're not careful, "quick" can really cost you. At Pioneer Services, you'll discover responsible alternatives that help you now and save you later. You'll know exactly what your loan costs and how long it will take to pay it off, all backed by a 15-day, no-cost return policy.

The HELP Loan can provide you with \$500 immediately, payable in four manageable monthly payments with total fees and interest of only \$25.24.

Debt Management Loans can help you end the cycle of spiraling debt. Installment loans up to \$10,000 are available to all ranks.

Don't settle for a quick fix or dig yourself deeper into debt: experience a disciplined approach to borrowing. Visit your local Pioneer Services office and let us help you break the debt cycle...for good.



8401 Hampton Blvd | Norfolk, VA | 757-423-4807
M-F: 0900-1800 S: 1000-1400

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H64D4L

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PROUD SPONSOR OF FLEET WEEK 2006

On the Greens

Golf Course Directory

NAB Little Creek.....462-8526

NAS Oceana.....433-2866

NSA Norfolk.....444-5572

Cheatham Annex..887-6539

NWS Yorktown.....887-6536

Aeropines



Two Man Golf
Saturday & Sunday,
August 5 & 6

Ladies Golf Clinic
Saturday & Sunday,
August 12 & 13,
10 a.m. to 11 a.m.



EST.1927
NSA Norfolk



Cheatham Annex

Panama Open
Saturday, August 12
at 4 p.m.
Mystery Tournament

Holly Oaks
NWS Yorktown

Panama Open
Saturday, August 26
at 4 p.m.
Mystery Tournament

Taylor Haven
Golf Course
ON THE BAY
AT NAB LITTLE CREEK

The Pro shop is fully stocked
with all the big names for
the avid golfer.

**** NEW ****

This summer pull carts are a hot item!
What a great way to save
money and exercise.
Buy your carts today!

Regional Fitness

Naval Station Norfolk

Monday

Indoor Cycling	6 to 7 a.m. (N-24)
Step	11 a.m. to noon (N-24)
Kickboxing	11 a.m. to 12:30 p.m. (Q-80)
Abs Blast	noon to 12:30 p.m. (N-24)
Indoor Cycling	4:30 to 5:30 p.m. (N-24)
Core Conditioning	4:30 to 5:30 p.m. (Q-80)

Tuesday

Indoor Cycling	11 a.m. to noon (N-24)
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Wednesday

Indoor Cycling	6 to 7 a.m. (N-24)
Yoga	11 a.m. to noon (N-24)
Step Interval	11:30 a.m. to 12:30 p.m. (Q-80)
Boot Camp	4:30 to 5:30 p.m. (Q-80)

Thursday

Indoor Cycling	11 a.m. to noon (N-24)
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Friday

Step-n-Box	11 a.m. to noon (N-24)
Boot Camp	11:30 a.m. to 12:30 p.m. (Q-80)
Abs Blast	noon to 12:30 p.m. (N-24)

Norfolk Naval Shipyard

Monday

Command Fitness	6 to 7 a.m.
Boot Camp	7 to 8 a.m.
Absolutely Abs	4 to 4:30 p.m.
Boot Camp	5 to 6 p.m.
Yoga	6 to 7 p.m.

Tuesday

Command Fitness	6 to 7 a.m.
Boot Camp	7 to 8 a.m.
Step Aerobics	5 to 6 p.m.

Wednesday

Command Fitness	6 to 7 a.m.
Boot Camp	7 to 8 a.m.
Basic Training	4 to 5 p.m.
Absolutely Abs	5 to 5:30 p.m.

Thursday

Command Fitness	6 to 7 a.m.
Boot Camp	7 to 8 a.m.
Step Cross Training	5 to 6 p.m.

Friday

Command Fitness	6 to 7 a.m.
Boot Camp	7 to 8 a.m.

Cheatham Annex Gym

Thursday

Basic Training	11:30 a.m. to 12:30 p.m.
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NMC Portsmouth

*ER=Exercise Room, IP=Indoor Pool, G=Gym

Monday

Cycling	5:45 to 6:30 a.m. (ER)
Kickboxing	11 a.m. to noon (ER)
Bodyshaping	12:15 to 1 p.m. (ER)
Shallow Water Aerobics	12:15 to 1:15 p.m. (IP)
Fit Moms Weight Training	3 to 4 p.m. (ER)
Step	4:30 to 5:30 p.m. (ER)
Finning	4:45 to 5:30 p.m. (IP)
Basic Running 101	6 to 7 p.m. (G)

Tuesday

Cycling	5:45 to 6:30 a.m. (ER)
Cycling	11:15 a.m. to noon (ER)
Step	12:15 to 1 p.m. (ER)
Pilates	3:30 to 4:30 p.m. (ER)
Body Shaping	4:45 to 5:45 p.m. (G)

Wednesday

Cycling	5:45 to 6:30 a.m. (ER)
Body Shaping	11 a.m. to noon (ER)
Cycling	12:15 to 1 p.m. (ER)
Shallow Water Aerobics	12:15 to 1:15 p.m. (IP)
Fit Moms Water Fitness	3 to 4 p.m. (IP)
Shallow Water Aerobics	4:45 to 5:45 p.m. (IP)
Tai Chi	4:45 to 5:45 p.m. (IP)
Basic Running 101	6 to 7 p.m. (G)

Thursday

Cycling	5:45 to 6:30 a.m. (ER)
Cycling	11:15 a.m. to noon (ER)
Step	12:15 to 1 p.m. (ER)
Deep Water Aerobics	12:15 to 1 p.m. (IP)
Pilates	3:30 to 4:30 p.m. (ER)
Body Shaping	4:45 to 5:45 p.m. (G)

Friday

Cycling	5:45 to 6:30 a.m. (ER)
Body Shaping	11 a.m. to noon (G)
Cycling	12:15 to 1 p.m. (ER)
Basic Running 101	6 to 7 p.m. (G)

Saturday

Cardio Max	9:30 to 10:30 a.m. (G)
Body Shaping	10:45 to 11:30 a.m. (G)

NSA Norfolk

Tuesday & Thursday

Step Aerobics	11:30 a.m. to 12:30 p.m.
Abs Blast	12:30 to 12:45 p.m.

Joint Forces Staff College

Monday & Wednesday

In with a Spin	6:15 to 7:15 a.m.
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Tuesday & Thursday

Spinning	11:45 a.m. to 12:30 p.m.
Core Fitness with Yoga	4:15 to 5 p.m.

ess Classes

NAB Little Creek

Monday	
Back to Basics	6:30 to 7:30 a.m.
Step N2 Monday	11:30 a.m. to 12:30 p.m.
Tuesday	
For Mature Audiences	9:30 to 10:30 a.m.
Rip & Ride	11:30 a.m. to 12:30 p.m.
Pilates Core	4:15 to 5:15 p.m.
K.I.S.S.	5:30 to 6:30 p.m.
Wednesday	
Fit & Trim	6:30 to 7:30 a.m.
Yoga	11:30 a.m. to 12:30 p.m.
Thursday	
For Mature Audiences	9:30 to 10:30 a.m.
Kickbox Plus	11:30 a.m. to 12:30 p.m.
Rip & Ride	4:15 to 5:15 p.m.
Step 2 It	5:30 to 6:30 p.m.
Friday	
Yoga	6:30 to 7:30 a.m.
Back to Basics	11:30 a.m. to 12:30 p.m.

NWS Yorktown

*IC=Instructor's Choice, BT=Basic Training

Monday	
Group Fitness Class	10:45 to 11:45 a.m. (IC)
Wednesday	
Group Fitness Class	10:45 to 11:45 a.m. (BT)
Friday	
Work-it-on-the-Mat	10:30 to 11:30 a.m.

Huntington Hall

Monday through Friday	
FEP Classes (Fitness Enhancement Program)	6 to 11 a.m.

Dam Neck

Monday & Wednesday	
Group Bike Exercise	5:45 to 6:45 a.m.
Team Training	6 to 7 a.m.
Tuesday	
Cardio/Core Conditioning	6 to 7 a.m.
Group Bike Exercise	4:30 to 5:30 p.m.
Yoga	7:30 to 8:30 p.m.
Thursday	
Cardio/Core Conditioning	6 to 7 a.m.
Friday	
Team Training	6 to 7 a.m.
Saturday	
Yoga	8 to 9 a.m.

NAS Oceana

Monday	
Step & Tone	6 to 7 a.m.
Step	11:30 a.m. to 12:30 p.m.
Spin	6 to 7 p.m.
Tuesday	
Step & Kickboxing	6 to 7 a.m.
Muscle Pump	11:30 a.m. to 12:30 p.m.
Wednesday	
Step & Tone	6 to 7 a.m.
Kickboxing	11:30 a.m. to 12:30 p.m.
Cardio Box	6 to 7 p.m.
Thursday	
Step & Kickboxing	6 to 7 a.m.
Cardio Kickbox	11:30 a.m. to 12:30 p.m.
Yoga	6 to 7 p.m.
Friday	
Spin	11:30 a.m. to 12:30 p.m.

Northwest Annex

Monday	
Absolutely Abs	8 to 8:30 a.m.
2 Endure	8:30 to 9:30 a.m.
Tuesday	
Boot Camp	8 to 9 a.m.
Flex Appeal	11 a.m. to noon
Wednesday	
Absolutely Abs	8 to 8:30 a.m.
Cardio Kickboxing	8:30 to 9:30 a.m.
Stretch to Success	11 a.m. to noon
Thursday	
Fireball	8 to 9 a.m.
Flex Appeal	11 a.m. to noon
Friday	
Absolutely Abs	8 to 8:30 a.m.
2 Endure	8:30 to 9:30 a.m.
Spinsation	11 a.m. to noon

SUBWAY

Restaurants

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TO
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No purchase necessary.

at your neighborhood
Subway!

You can also enter at any concert in the Navy Concert Series or the
Oceana Air Show sponsored by Subway Restaurants.
Drawing held Sunday, September 10 at the NAS Oceana Air Show.

ITT OFFICES

Busch Gardens

Military Appreciation Rates (until Sept. 4)
.....\$37.00, gate \$51.95

Season Passes 2006

Silver (ages 3 & up).....\$75, gate \$109.95
Gold (ages 3 & up).....\$105, gate \$149.95
Platinum* (ages 3 & up).....only \$135.00!

*One year admission to all Anheuser Busch Parks: Busch Gardens Williamsburg, Busch Gardens Tampa, Sea World Orlando, Sea World Texas, Sea World California, Sesame Place, Water Country USA and Adventure Island. Includes free parking and VIP benefits!

Water Country USA

Adult\$32.00, gate \$37.95
Child (3 to 6)\$26.00, gate \$30.95
Season Pass 2006\$75.00, gate \$109.95

Paramount's Kings Dominion

One Day Pass (3 & up).....\$26.00, gate \$49.99
Season Pass 2006.....\$62.00, gate \$99.99

Busch Gardens Tampa

Adult\$48.50, gate \$62.00
Child (3 to 9)\$40.25, gate \$51.30

Discovery Cove

Non-swim.....\$173.25, gate \$190.64
Swim.....\$270.00, gate \$297.14

Sea World Florida

Adult\$52.00, gate \$65.98
Child (3 to 9)\$41.75, gate \$53.20

Sesame Place

One Day (Ages 3 & up) ..\$38.00, gate \$45.26

Six Flags

Six Flags America (Maryland)
Ages 4 & up.....\$24.50, gate \$49.99

Six Flags Over Georgia

Ages 3 & up.....\$29.00, gate \$49.99
Six Flags Great Adventure (New Jersey)
Ages 4 & up.....\$26.25, gate \$59.99

Motor World

Adult\$26.25
Child (6 & under)\$15.75
Includes eight rides and one round of golf

American Indoor Karting

Single Race (8 & up).....\$11.75, gate \$20.00

Dollywood

Adult*\$37.75, gate \$45.70
Child* (4 to 11)\$27.25, gate \$34.55
*Prices good for DoD only.
Lower military rates available at gate.

Colonial Williamsburg

Two Day Military Key Special

Adult\$24.75, gate \$48.00
Child (6 to 17)\$14.25, gate \$24.00
Freedom Pass
Adult\$52.50, gate \$59.00
Child (6 to 17)\$26.00, gate \$29.00

Jamestown-Yorktown

Adult\$15.25, gate \$16.75
Child\$7.25, gate \$7.75
Adult Combo\$16.25, gate \$17.00
Child Combo\$8.00, gate \$8.25
(Only available at Peninsula ITTs)

Movie Tickets

AMC\$5.75, gate \$8.50
Regal\$6.25, gate \$8.75
Harbour View
Unrestricted\$7.50, gate \$8.50
Restricted\$5.75, gate \$8.50

Langley Speedway

Adult\$8.50, gate \$10.00
Child (6 to 12)\$4.25, gate \$5.00

Richmond International Raceway

Emerson Radio 250, September 8
.....\$28.00, gate \$35.00

Ocean Breeze Water Park

Adult\$16.75, gate \$22.00
Child (3 to 11)\$12.50, gate \$16.75
Season Pass (3 & up)\$44.00, gate \$68.20

Hershey Park

Adult\$29.50, gate \$41.95
Child/Senior (3 to 8 & 55 to 69)
.....\$21.50, gate \$24.95

Universal Studios

One Day

Adult\$49.75, gate \$63.64
Child (3 to 9)\$40.25, gate \$51.12

Two Days

Adult\$90.00, gate \$111.78
Child (3 to 9)\$76.25, gate \$101.13

Spirit of Norfolk

Lunch Daily\$31.50, gate \$35.00
Dinner
Friday or Saturday\$53.50, gate \$58.00
Sunday to Thursday...\$45.25, gate \$52.00

American Rover

Adult (2 hour).....\$11.75, gate \$16.00
Child (4 to 12/2 hour).....\$6.50, gate \$10.00
Adult (3 hour).....\$18.25, gate \$22.00
Child (4 to 12/3 hour).....\$8.50, gate \$12.00

Entertainment Books

.....\$25.00

Value Check Coupon Books

.....\$10.00

Nauticus

Adult\$7.75, gate \$9.95
Child (4 to 12)\$5.75, gate \$7.50

Virginia Air & Space Museum

Adult\$11.50, gate \$14.00
Child (3 to 11)\$10.50, gate \$11.00

Virginia Aquarium & IMAX

Adult\$13.25, gate \$16.95
Child (3 to 11)\$11.50, gate \$12.95

Norfolk Tides

3 & up\$7.00, gate \$8.50

Washington, D.C. Tourmobile

Adult\$18.50, gate \$20.00
Child (3 to 11)\$9.50, gate \$10.00

HRT 10-Ride Pass

10 Ride Card\$14.00

International Dining Club

.....\$35.00

**Prices subject to change without notice.*

ITT OFFICE LOCATIONS

Cheatham Annex.....887-7418
NAB Little Creek.....462-7665
NAS Oceana.....433-3301
Naval Station.....445-6663
NNSY Portsmouth396-1776
NWS Yorktown887-4609
NMC Portsmouth953-5439
Northwest Annex.....421-8628
Remote Ticket Vehicle.....724-6486
Dam Neck
Liberty office492-6806



Shades Of Green 1-407-824-3400

3-Day Base Ticket

Adult\$172.75, gate \$192.77
Child (3 to 9)\$142.25, gate \$158.69

4-Day Park Hopper (no expiration option)

Adult\$243.50, gate \$271.58
Child (3 to 9)\$210.00, gate \$234.30

5-Day Park Hopper (no expiration option)

Adult\$266.25, gate \$297.14
Child (3 to 9)\$231.00, gate \$257.73

5-Day Hopper Plus

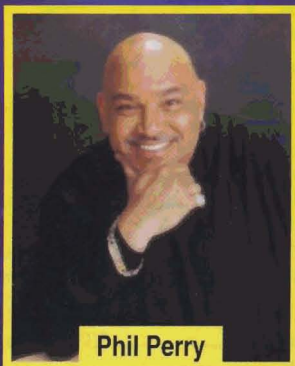
*Child (3 to 9)\$208.25, gate \$299.28

Disney Quest

*Child (3 to 9)\$19.50, gate \$30.89

ON SALE NOW!! While quantities last!!

Children's 5-Day Hopper Plus tickets available at NS Norfolk, NAB Little Creek and NAS Oceana only. Disney Quest tickets available at NAS Oceana only.



Phil Perry



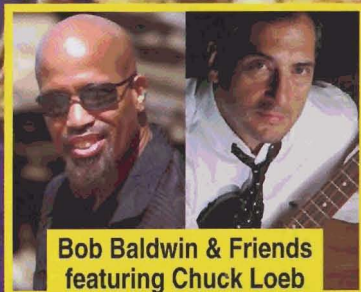
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a Dream



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E & M Attractions presents
A Great Day of Jazz...
**Jazz Masters
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Saturday, August 19
Fleet Rec Park
Hampton Boulevard, Norfolk
Noon to 9 p.m.
Park opens at 10 a.m.

Tickets on sale at your nearby ITT office
VIP SEATS = \$75
LAWN SEATS = \$35
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For more information call (757) 287-2878,
or check out the jazz masters website at
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Youth Activities

BOYS & GIRLS CLUBS
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HOUSING

Soccer registration

NAS Oceana, Little Creek, Midway Manor, Norfolk and Northwest youth programs are holding soccer registration for children five through 12 years of age. The cost for this fast-paced co-ed sport is only \$40. Fall practice starts in early September so register now.

Before & After School Care

Registration for the Before and After School program begins this month. Call the center nearest you for sign up dates and times. The program is open to military, DoD and NAF youth family members ages six to 12. Some sites offer programs for kindergarteners too. Cost is based on family income! The centers will fill up fast so call today for more information.

Teen Activity Program

Sign up for the Teen Activity program. Evening special events, trips and socials are planned. Centers have computers, Nintendo and more. Membership is free!

Family Two-Mile Run/Walk

NAS Oceana PRT Center
Saturday, September 30
Check in at 10 a.m., race begins at 11 a.m. Please contact 433-2054 or 433-2049 for more information.

Youth Centers

NSA Northwest	421-8258
NSA Norfolk	444-2853
NWS Yorktown	887-4310
NAB Little Creek	462-8718
NAS Oceana	433-3976

All Mid-Atlantic Regional Food Service Galleys Announce:

New & Improved Service Hours

Monday through Friday
6 a.m. to 5:30 p.m.

Breakfast.....6 to 10 a.m.
Lunch.....10 a.m. to 2 p.m.
Dinner.....2 to 5:30 p.m.

Saturday, Sunday & Holidays
8 a.m. to 5:30 p.m.

Brunch.....8 to 11 a.m.
Lunch.....11 a.m. to 2 p.m.
Dinner.....2 to 5:30 p.m.

Locations

Oceana.....433-2390
Yorktown.....887-7140
Dam Neck.....492-7092
Northwest Annex.....421-8328
Naval Station.....445-7953/7958
Little Creek.....462-7624/7546

**The Best Meal
prices Around**

Breakfast/Brunch.....\$1.95
Lunch/Dinner.....\$3.55

***RIK eat for free with valid CAC I.D. card**

**Galleys are open to active duty
and reserve personnel only.**

**Serving the name brands
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Berk's
Dominic's of New York
Healthy Choice
Hershel Walker's
Kellogg's
Lean Cuisine
Pepsi
Starbucks
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Tyson's
and many more!

Upcoming Food Service Events

Northwest Annex
Menu Review Board
Wednesday, August 9, 9 a.m.
Regional Menu Review Board
Friday, September 8
9 a.m. (Sysco Offices)
NOB Galley Grand Re-opening
Monday, September 25





Dam Neck Annex

Aquatics Indoor Pool	492-7183
Bowling Center	492-6341
Campground	492-7545
Clubs	
SeaBreeze Officers' Club	492-6146
Shifting Sands Beach Club	492-6146
Gymnasium	492-6101
Fitness	492-7185
Wellness Center	492-7483
Internet Service	492-6806
Picnic Reservations	492-7545
Single Sailor	492-6806

Naval Air Station Oceana

Aquatics	
Aeropalms Water Park	433-2825
Recreation Pool	433-3285
Automotive Skills	433-3403
Bowling Center	433-2167
Clubs	
Enlisted Club	433-3197
CPO Club	433-2637
Officers' Club	428-0036
Golf Course	433-2866
Gymnasium	
Sports and Fitness	433-2695
PRT Center	433-3928
Internet Service	433-2453
ITT Office	433-3311
Movie Theater	433-2495
Outdoor Equipment Rental	433-2416
Picnic Reservations	
Single Sailor	
Skeet and Trap	433-3311
Stables	433-3311

NAB Little Creek

Aquatics	
Gator Water Park	462-7173
Pierside Pool	462-8280
Bowling Center	462-7952
Campground	462-7282
Clubs	
CPO Club	462-2417
The Foc'sle	462-3117
Snug Harbor Club	462-2417
67 th Street Beach Club	425-0251
Fitness Center	462-7478
Golf Course	462-8526
Gymnasiums	
Pierside	462-8280
Rockwell Hall	462-7735
Internet Service	462-3117
ITT Office	462-7665
Library	462-7691
Marina	462-7140

Movie Theater	462-7534
Picnic Reservations	462-4623
Rental Center	462-7516
Single Sailor	462-3117
Special Events	462-4623

Naval Station Norfolk

Aquatics	
Lagoon Water Park	444-8371
FRP Indoor Pool	444-2134
X-73 Indoor Pool	444-2193
Q-80	444-2198
Automotive Skills	444-2193
Bowling Centers	
Liberty Lanes, P-86	451-0100
Pierside Lanes, C-127	451-0600
Clubs and Restaurants	
Breezy Point O' Club	444-0773
CPO Club	445-2879
Thimble Shoals	445-1831
A&W Restaurant	451-0100
CraftTech Hobby Store	444-3846
Gymnasiums	
N-24	444-0629
McCormick Sports Center	
CEP-58	444-4016
Waterfront Athletic Complex	
Q-80	444-1267
Internet Service	
DeVary Hall, C-9	444-2888
Q-80	444-1216
ITT Office	445-6663
Main Gate Movies	440-1500
Marina	444-2915
Picnic Reservations	444-0773
Sailing Center	444-2918
Single Sailor	
C-9	444-4033
Q-80	444-1216
Special Events	444-0773
Wood Shop	444-3846

NWS Yorktown

Bowling Center	887-4207
	887-4555
Golf Course	887-6536
Gymnasium	847-7828
Internet Service	847-7882
ITT Office	887-4609
Single Sailor	887-4555

NWS Cheatham Annex

Aquatics	887-7602
Club	887-4272
Cottages	887-7224
Fishing Activities	887-7418
Golf Course	887-6539
Gymnasium	887-7453
Outdoor Recreation, Campground,	
Country Store & Tickets	887-7418
Recreation Cabins	887-7224
Single Sailor	887-7514

Naval Support Activity Norfolk

Club Atlantis	836-1801
Golf Course	444-5572

Gymnasium	836-1812
Picnic Reservations	444-0773

NSA Northwest Annex

Aquatics	421-8268
Bowling Center	421-8267
Campground	421-8264
Club	421-8250
Fitness Center	421-8263
Gymnasium	421-8303
Internet Service	421-8628
ITT Office	421-8628
Picnic Reservations	421-8264
Single Sailor	421-8104

Norfolk Naval Shipyard

Aquatics	
Scott Center	396-7480
Automotive Skills	396-5871
Bowling Center	396-3808
Club	396-5054
Gymnasium	396-2770
Internet Service	396-2451
ITT Office	396-1776
Picnic Reservations	396-7442
Rental Center	396-7442
Single Sailor	396-2451

NMC Portsmouth

Aquatics	953-5946
Fitness	953-6130
Gymnasium	953-7024
ITT Office	953-5439
Outdoor Recreation	953-5855
Picnic Reservations	953-5855
Sand Bar Center (Club)	953-5017

Miscellaneous

MWR Marketing	462-2982
MWR Special Events	462-4320

Over the Horizon Bases

NSA Mechanicsburg	717-605-2720
NSA Philadelphia	215-697-5005
NIOC Sugar Grove	304-249-6366
NASJRB Willow Grove	215-443-6046

Joint Forces Staff College

Catering	423-4713
Fitness Center & Gym	443-6110
Pub One	423-2169

Huntington Hall

Liberty	688-7451
Fitness Center & Gymnasium	688-7553

For all childcare needs call the

The Positive Place For Kids



Childcare Hotline at 1-866-NAVY CDC

Military Appreciation Days

Now through September 4, 2006



**The most
you'll save
all year long!**

Tickets available at participating base MWR/ITT/ITR
offices only. Military Appreciation Days Tickets
not available at park Front Gate.

TICKETS ONLY
\$37*

*Price subject to base surcharge

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